BE MINDFUL OF YOUR STOMACH

Excessive eating and drinking are one of the greatest sins that lead to doom and it causes many diseases and sicknesses, both spiritual and physical.

The Arabs of old said:

THE STOMACH IS THE HOME OF DISEASE AND RESTRAINT IS THE BASIS OF THE REMEDY

It is haram for a Muslim to eat so much that it harms him, because that is a kind of extravagance and extravagance is haram.

Allah (سبحانه وتعالى) says:

"AND EAT AND DRINK BUT WASTE NOT BY EXTRAVAGANCE, CERTAINLY HE (ALLAAH) LIKES NOT AL-MUSRIFOON (THOSE WHO WASTE BY EXTRAVAGANCE)"
(Surah Al-A'raaf 7:31)

Warnings have been narrated from the Prophet (صلى الله عليه و سلم) about eating one's fill too often, and that this is a cause of suffering from hunger on the Day of Resurrection.

Narrated by Ibn 'Umar (رضي الله عنه) that,

A man burped in the presence of the Messenger of Allah (صلى الله عليه و سلم) and he (صلى الله عليه و سلم) said:

"KEEP YOUR BURPS AWAY FROM US, FOR THE ONE WHO EATS HIS FILL THE MOST IN THIS WORLD WILL BE HUNGRY FOR THE LONGEST TIME ON THE DAY OF RESURRECTION."
(At Tirmidhi 2015)

Imam Nawawi (رحيم الله) said:

IT IS MAKROOH TO EAT MORE HALAAL FOOD THAN IS ENOUGH TO SATISFY ONE

Narrated by Ibn Abi'l-Dunya (رحيم الله) & Al-Awsat (رحيم الله) that,

ABU JUHAYFAH DID NOT EAT HIS FILL UNTIL HE DEPARTED THIS WORLD; IF HE ATE BREAKFAST, HE WOULD NOT EAT DINNER AND IF HE ATE DINNER, HE WOULD NOT EAT BREAKFAST.
(Al-Bayhaqi & Al-Tabaraani in Al-Kabeer)

Narrated by Ibn Abi'l-Dunya (رحيم الله) that,

Abu Juhayfah (رحيم الله) said:

I HAVE NOT FILLED MY STOMACH FOR THIRTY YEARS.
(Tuhfat Al-Ahwadhi)

The way to stop eating too much is to stop gradually. If a person is used to eating a lot and he goes in one fell swoop to eating little, he will become weak and his appetite will increase. So, he should reduce it gradually, by eating less and less of his usual food, until he reaches a moderate intake of food.

The Sunnah encourages moderation in eating, and strongly criticizes wasteful spending.

The Prophet Muhammad (صلى الله عليه و سلم) said:

"THE SON OF ADAM DOES NOT FILL ANY VESSEL WORSE THAN HIS STOMACH. IT IS SUFFICIENT FOR THE SON OF ADAM TO EAT A FEW MOUTHFULS, TO KEEP HIM GOING. IF HE MUST DO THAT (FILL HIS STOMACH), THEN LET HIM FILL ONE THIRD WITH FOOD, ONE THIRD WITH DRINK AND ONE THIRD WITH AIR."
(Tirmidhi 2380)

IT IS SUFFICIENT FOR THE SON OF ADAM TO EAT ONLY THAT WHICH WILL KEEP HIM ALIVE, AND NO MORE THAN THAT. IF HE INSISTS ON HAVING MORE, THEN HE SHOULD EAT ONLY THAT WHICH WILL FILL ONE-THIRD OF HIS STOMACH, AND ANOTHER THIRD FOR DRINK, AND LEAVE ONE-THIRD FOR AIR. HE SHOULD NOT CONSUME MORE THAN THAT AMOUNT.
(Tuhfat Al-Ahwadhi)

Ahmad Ibn Hanbal (رحيم الله) said:

"IT IS PERMISSIBLE TO EAT A GREAT DEAL SO LONG AS IT DOES NOT HARM ONE."

Ibn Taymiyyah (رحيم الله) said:

"IT IS MAKROOH TO EAT THAT WHICH LEADS TO INDIGESTION & DOING THIS IS HARAM"

Narrated by that Naafi' Ibn Abi Nu'aym (رحيم الله) that,

IBN 'UMAR (رضي الله عنه) USED NOT TO EAT UNTIL A POOR MAN WAS BROUGHT TO EAT WITH HIM. I BROUGHT A MAN IN TO EAT WITH HIM AND HE ATE A GREAT DEAL.

He (رضي الله عنه) said:

O Naafi', do not let this man enter upon me, for I heard the Messenger of Allah (صلى الله عليه و سلم) say:

"THE KAAFIR EATS IN SEVEN STOMACHS."
(Bukhaari 5393 & Muslim 2060)

Imam Nawawi (رحيم الله) said:

The scholars said: What the hadith means is to be content with little in this world and encouraging asceticism and contentment, in addition to the fact that eating little is a good characteristic, and eating a great deal is the opposite. As for the words of Ibn 'Umar concerning the poor man who ate a great deal in his presence,

"DO NOT LET HIM ENTER UPON ME,"

He only said that because he was behaving like a kaafir, and if a person is behaving like a kaafir it is makrooh to mix with him unnecessarily; moreover, the amount that this man ate could had fed a number of people.
(Commenting on above hadith 14/25)

The scholars have mentioned the benefits of moderation in food and not being wasteful spending as follows:

Purity of heart, mental alertness and deep insight. Satiety generates stupidity and blinds the heart. Hence the proverb says

"THE ONE WHOSE STOMACH IS HUNGRY WILL BECOME ABLE TO THINK DEEPLY AND HIS INTELLIGENCE WILL HONE."

Humility and the loss of pride, joy and insolence, which are the foundation of tyranny and neglect of Allah.

One does not forget the wrath and punishment of Allah, or the people who are afflicted by calamity. For the one who has his fill forgets the one who is hungry and he forgets hunger.

One of the greatest benefits is that it puts an end to all sinful desires, and brings control over the self that is inclined towards evil, because the source of all sins is desires and energy, and the fuel for energy and desires is food.

Dhu'l-Noon said:

I NEVER ATE MY FILL BUT I SINNED OR THOUGHT OF SINNING

For the one who eats a lot will drink a lot, and the one who drinks a lot will sleep a lot. Sleeping a lot wastes one's time and causes one to miss out on tahajjud; it makes one slow and hardens the heart. Time is the most precious gift and it is the person's capital, but sleep is death and sleeping too much shortens one's life.

Physical health and warding off disease, which is caused by eating too much and mixing foods in the stomach. The doctors say that gluttony is the cause of disease and restraint leads to a cure.

Hatim Al-Taa'iy (رحيم الله) said:

IF YOU GIVE YOUR STOMACH AND YOUR PRIVATE PART WHAT THEY ASK FOR, YOU WILL END UP REGRETTING IT.
(Fath Al-Bari, Vol 9, Page 669)

THE PROPHET'S GUIDANCE REGARDING DIET:

The Prophet (صلى الله عليه و سلم) used to know what he was eating. He used to eat what was good for him. He used to eat enough to keep him going, but no so much as to make him fat.

Narrated by Ibn 'Umar (رضي الله عنه) that,

The Prophet Muhammad (صلى الله عليه و سلم) said:

"THE BELIEVER EATS IN ONE STOMACH WHILST THE KAAFIR EATS IN SEVEN."
(Bukhaari 5081 & Muslim 2060)

He taught his ummah something to protect them from diseases caused by eating and drinking.